

MAINE PUBLIC HEALTH ALERT NETWORK SYSTEM



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(Formerly Bureau of Health)
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*****ADVISORY – Important Information*****

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TO: All HAN Recipients

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SUBJECT: Maine CDC/DHHS Extends Heat Health Alert

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Maine Center for Disease Control and Prevention (Maine CDC)
(Formerly Bureau of Health)

Maine CDC/DHHS Extends Heat Health Alert: Temperatures Higher, Wider Area of State Affected

GENERAL INFORMATION

This week's heat wave is more extreme than originally forecast, and is reaching further into the state. The National Weather Service has issued an Extreme Heat Warning for York, Cumberland, Androscoggin, Kennebec, and Sagadahoc Counties, indicating that the heat index (a combination of heat and humidity that describes the felt temperature) will exceed 105. Less extreme but still dangerous heat will be felt in Oxford, Franklin, Somerset, and Lincoln Counties, as well as southern Penobscot, southern Piscataquis, and interior Hancock Counties. This heat will persist through Friday night, and some locations will continue to experience extreme heat on Saturday.

Maine CDC continues to recommend that Maine citizens, healthcare providers, and public health professionals take steps to protect themselves, their patients and clients, and their neighbors, families, and friends. Keep cool, drink fluids, and lie low. More information on how to prevent heat illness, and the signs and symptoms of heat stroke, heat exhaustion, and other heat illnesses can be found on Maine CDC's Heat Illness page: <http://www.maine.gov/dhhs/boh/heat/index.shtml>

Current, up-to-date weather information can be found on the websites of the National Weather Service's Gray (www.weather.gov/gray) and Caribou (www.weather.gov/car) Forecast Offices. Further information can also be obtained by calling the National Weather Service's Gray Forecast Office at 207-688-3216 or 207-688-3210 (for a recorded forecast).

FOR MORE INFORMATION

Maine CDC Heat Illness Information
<http://www.maine.gov/dhhs/boh/heat/index.shtml>

Current Heat Index Conditions and Forecast (click on your location for up-to-date information)

Northern Maine

<http://www.erh.noaa.gov/gyx/gridpoint.php>

Southern Maine

<http://www.erh.noaa.gov/car/>

US CDC Extreme Heat Prevention Guide
http://emergency.cdc.gov/disasters/extremeheat/heat_guide.asp

US CDC Extreme Heat Media Toolkit
<http://www.cdc.gov/nceh/extremeheat/>

National Weather Service Heat Wave Guide
http://www.nws.noaa.gov/om/brochures/heat_wave.shtml